



June 2018

Can you believe that summer is just around the corner! Warmer, longer days are so close!

What's New this summer?

*Join us for Family swims! Tuesdays 10:00-10:45am, and Thursdays 11:30am-12:15pm. Bring your kids, grandkids, nieces and nephews! \$3.00 per swimmer.

*Have family visiting this summer? Why not register them in our Synchronized Swim class! Tuesdays 4:30-5:15pm, Ages 6-12. 10 Week program for \$105.00

We need your input: Please help us to create a **Wishlist** of **New Equipment** and **New Program** ideas for the Villa Pool! Are you looking for more weight classes? Increased intensity? Dance classes? Let a staff member know, or send an email: villapool@sjv.on.ca

WaterART Tip:

Why Water ???

Water exercise is low to non-weight-bearing, so movement may be applied to help transfer a painful activity into a pleasurable one. Water exercise is a simple

method of moving while protecting your joints because of the water's natural buoyancy. Water exercise provides security. The fear of falling and breaking bones or injuring oneself is lessened. Water exercise can improve your posture with a subjective feeling of support and lightness. Water exercise provides greater freedom of movement and multidimensional resistance or buoyancy assistance. Water exercise creates confidence in your ability to move and perform on land. Water exercise decreases swelling and offsets tendency of blood pooling in extremities. Water exercise increases blood supply to muscles significantly which improves oxygen delivery to the muscles. Water exercise loads or weight-bearing levels may be easily varied. You may choose to completely unload (in deep water) or load up to 50% in shallow water. Water exercise easily competes with land training benefits and some individuals may even experience greater improvements with less pain and discomfort. www.waterart.org

Did you know: The Pool Program was started at the Villa Pool in 1972? Marylou Collett had 1 class, which ran only on Tuesdays. She started with just 2 participants (They were Andy Cranberry's Parents)!

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www.facebook.com/stjosephsvillapool

Spotlight: *as told by Michele Purdy*

BREAKING OUT OF THE PAIN CYCLE

It has now been nine months since Mrs. Meadows' pain began in her lower back. She has visited her family physician, received medication for the pain, gone for

imaging tests, but to date, no cause or cure has been provided. The pain is interfering with her activities of daily living. She finds it extremely difficult to get in and out of the car, to shop or even take a short walk in her nearby park. The only relief she finds is when she is sitting on her couch, but then eventually she must get up and the effort involved in such a simple act is frustrating. Mrs. Meadows is becoming increasingly desperate, depressed and very fearful.

Sound familiar? Of course, Mrs. Meadows is a fictional person, but her story is all too common. Pain is a huge issue in our lives and you might be surprised by some facts about it.

**Pain is subjective. Pain is real. Pain originates in the brain (but that does not mean “it is in your head” or imagined).*

**Pain is our body’s alarm system to real or perceived danger. We need that response.*

**Our alarm system can become overly sensitive but can be retrained (neuroplasticity).*

**To date pain cannot be measured objectively.*

**Pain is affected by emotional states (anger, sadness, resentment etc.), physical states (cold, hungry, etc.), fear and anxiety about the pain, and last but not least, language: “degenerative”, “inoperable”, “bad” joint, limb, etc..*

**Normal aging process begins in our 20’s. Imaging taken of people 20-25 years old reveal “degenerative” or bulging discs often with no presentation of pain.*

As illustrated in the story of Mrs. Meadows, when pain is perceived, almost immediately

we begin to compensate in many ways. Some of our function is reduced; we begin “guarding” knowing what that pain is like. Fearful of aggravating the pain, we further limit our movements. Now we are in a cycle of decreased mobility, muscle tightening or shrinkage, more pain coupled with fear and anxiety.

Fortunately, Mrs. Meadows is given the advice by her nurse practitioner to try some gentle water fitness classes. With determination, she discovers the warm water therapeutic pool at St. Joseph’s Villa. In one 45 minutes class, she begins to relax in the warmth and buoyancy of the water. Her instructor introduces her to the other patrons and within a few minutes she has shared a laugh or two. Working at her own pace and at her own comfortable range of motion, as cautioned by the instructor, Mrs. Meadows has begun the journey to break out of the vicious pain cycle.

There are a few elements that the instructor emphasizes, with the specific goal: to reduce pain first and then increase range of motion.

What are the coping skills being introduced?

** Deep, slow breathing (as opposed to the typical shallow breathing pattern). Breathing is both an autonomic function (we don’t have to think about it) and a parasympathetic process, which means we can deliberately affect the breath (long, deep into the belly, back and ribcage) whereby we procure the relaxation response felt in the body. Yes, it is as simple as that.*

** Slow, gentle movement (Mindful Movements or Ai Chi class) done gradually but consistently affords real progression in regaining mobility and functionality.*

** Practice done in a standing and stable position, repeating the movements builds trust & confidence in your body's ability.*

** Movement follows breath (one sweep of a limb occurs during an inhalation; the return move accompanies the exhalation). This is the key to relaxation.*

** Laughter, community, connection. You are not alone with your pain.*

Forty-five minutes have passed. The class is over. The instructor checks in with Mrs. Meadows to inquire how she feels. With repeated exposure to the water, working at a gentle rate, slowly engaging her muscles,

she will find her physical and mental process has improved.

This is our highest aim here at the Villa Pool to help people maintain or improve our attendees' lives. We believe in the recuperative properties of water fitness and welcome all to participate and benefit from our programs.

As always, we welcome your submissions for our next month's newsletter. Please email them to: villapool@sjv.on.ca

See you at the pool!